



I lost about 10 kilos in 1 year without exercise, just eating a more balanced diet and stopping in-between snacks. I saw the most improvement on or around the first 6 months. I went from 72 kilos to 63. Not being happy with my body was the first reason. I pushed the limits still thinking I was slim. The second reason is not having confidence in physics.

I'm someone who does not like restrictions and frustrations. I'm not a sports person and I don't rely on it for my weight loss.

- Here's how I did it.
1. I stayed motivated.
 2. I ate balanced meals.
 3. I didn't deprive myself of food.
 4. I gave myself the permission to eat one pleasure meal a week.
 5. I stayed away from greasy or heavy food in the evening.
 6. I stopped snacking.
 7. I don't eat beyond being full.
 8. I monitored my progress by measuring myself and taking photos.
 9. I did not put any pressure on myself.
 10. I stay happy.

Bringing your pre-pregnancy body back

WEIGHT LOSS PILLS

After child birth, some women turn to a quick fix by taking weight loss pills or fat burners. Japan fitness coach Jeff Libengood says, "A pill may slightly increase your metabolic rate for a time or it may suppress your appetite and you may even lose a few pounds. However, a pill alone cannot produce serious or permanent weight loss. A pill cannot deliver the same lasting results as healthy nutrition, proper sleep and regular exercise."

TRAINING

Stephanie, 35, still eats the same amount of food even a year after giving birth. She now weighs 18 kg over her normal weight and wants to bounce back to her pre-pregnancy weight as soon as possible but is not sure how to do that. Nathan Schmid, owner and Head Trainer at Club 360 recommends a balanced program combining strength and cardio training with a healthy diet to get her the results in no time. "To get back to her pre-pregnancy weight, it is imperative that she first strengthen the pelvic floor, lower abdominals and other muscles around the pelvis and back. Strengthening these structures will not only tone the area, but will ensure she can confidently ramp up the training without fear of injury," he added.

FITNESS FOCUS

STRESS OR EATING DISORDER?



Women in general are exposed to every day stress from life events or outside pressure. The stress may be in the form of beating deadlines or interacting with people, etc. When this happens, the stress hormones adrenalin and cortisol released affect eating pattern..

Stress may cause some to eat less or too much food but it could also be due to other reasons like eating disorder. Eating disorder was once thought to be rare in Japan. But a survey by the Ministry of Health Labour and Welfare in 2002 showed that a quarter of Japanese women in their teens and twenties were underweight. Of the 80 medical schools in the country, only one professor is reportedly specializing in eating

disorders. It's hard to tell whether a person has an eating disorder just by appearance.



Parenting with eating disorder can be harmful to herself and to those around her. So how do you know you have eating disorder? Tokyo families asked Dr. Douglas Berger of the Meguro Counseling Clinic for comments.

"Eating disorders describe a few syndromes which have abnormal eating behaviors as the core problem. The major disorders include restricting (anorexia), bingeing and purging (bulimia), and some bingeing without purging (binge eating disorder). There are other variants that can include just purging, night-time eating, obsession with health foods, obsession with not having enough muscle mass, and others. The causes of these problems are not really known, but there are probably different paths that lead to different problems. Some of these are stand-alone disorders, some are symptoms of another psychiatric illness like depression, substance abuse, or severe stress, and some may be due to a medical illness like thyroid disease and others.

Men or women can have eating disorders, the more common disorders occurring in teenage years. Eating disorders starting in motherhood would be more likely due to stress or as one symptom of anxiety or depression. To help these persons, the underlying problem needs to be cleared up, i.e., remove of stress/change of lifestyle, treatment of a medical or psychiatric problem, etc. A mental health professional's opinion should be sought if the problem can not easily go away with some stress modification or if there are associated symptoms such as low mood, fatigue, insomnia etc.

Dr. Douglas Berger and his staff at the Meguro Counseling Center in the Shibuya-Ebisu area provide mental health care for individuals, couples, and families, in both English and Japanese. www.megurocounseling.com

She lost 8 kilos in 6 weeks



Since arriving in Tokyo three years ago, Savanna Reid has been very busy adjusting to her new life. "After I gave birth to my youngest boy, (I have three) exercise took a back seat. Ever since we got here, I've packed on a few too many kilos mostly from eating what the boys snack on: ice cream, cakes and chips," says Savanna.

Savanna, (whose ideal weight is 50 kg for her short 1.60m frame,) did not realize that she had packed 13 extra kilos in just a span of 2 years until she did a spring cleaning. "My clothes began to feel tighter. I had to give away most of my favorite ones," complains Savanna.

She turned to a 10-week transformation program to help her get back to her ideal weight.

"I trained 3 x a week in the beginning. My trainer gave me a list of foods to buy complete with instructions on calorie intake, cooking method, what to eat when. I had to cut all the unhealthy snacking completely which was the most difficult part of the program. For my weight training routine, I did treadmill, a series of lunges, arm circle, chest press, chair squats including planks."

"Losing excess baggage is very energizing. I haven't felt any lighter in years and I have become more conscious of the relationship between the food I eat and the food I burn. Achieving weight goal is all in the mind. It's the mind that drives will power. I'm not getting any younger and so resistance training is good for me. For now, I still have 5 kilos to shed. I know I will get there."



STATS

Age	41
Status	Housewife with 3 kids (ages 10, 6 and 3)
Weight before	63 kg
Weight after	55 kg
Goal	50 kg
Training	Cardio, Yoga
Favorite snack	Dark chocolates, nuts, fruits
Favorite meal	Grilled chicken burrito bowl, Sushi wraps, omelets, fish



Achieving weight goal is all in the mind.

Top tips

If you've finally made it to your first day of training, you will feel some muscle soreness in the beginning. It is completely normal for your body to react this way when you begin to work out. It happens all the time with me when I change my workout routine. Soreness means your muscles did something that they weren't used to doing. It starts to kick in from 24 hours and peaks within the 48-hour period following a hard workout. I began to experience soreness in the activated areas of the body. It's perfectly normal. But just before you ditch your next training session, I recommend what my physical fitness trainer told me to do. It works.

Do some stretching.

Why: This will help to get the lactic acid out of your muscles which is produced by the body during strenuous exercise. This results in a burning sensation in the activated muscles. This is why people generally need a recovery period for the body to clear the lactate and metabolites. Any strenuous exercise ends with stretching.

Do light cardio or some walking.

Take a warm shower.
Why: To relax the muscles

Do some Yoga

Why: Yoga when combined with strength training, reduces muscle soreness and boost energy.

Drink water

Why: To replace lost fluids lost during a vigorous exercise.

Don't drink alcohol

Why: The toxin in alcohol slows down the healing and growing of muscles.